



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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October Fusion Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

USDA is an equal opportunity provider, employer, and lender.

Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

9/28 - 10/02 & 10/28 - 10/02 KOREAN BOWL

- + pick your base**
 - jasmine rice
- +pick your protein**
 - chicken bulgogi
 - beef bulgogi
 - edamame
- +pick your toppings**
 - soy citrus kale slaw
 - korean cauliflower
 - glazed carrots
 - steamed green peas

10/05 - 10/09 FAJITA BOWL

- + pick your base**
 - cilantro lime brown rice
 - whole grain tortilla
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - sauteed peppers & onions
 - shredded lettuce
 - southwest taco corn
 - tomato salsa
 - shredded cheddar
- +add your sauce**
 - sour cream

10/14 - 10/16 INDIAN BOWL

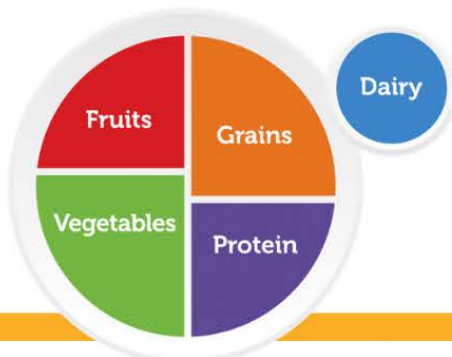
- + pick your base**
 - brown basmati rice
 - baby spinach
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sauteed cabbage
- +add your sauce**
 - yogurt lime dressing

10/19 - 10/23 TACO BOWL

- + pick your base**
 - cilantro lime rice
 - whole grain corn tortilla chips
- +pick your protein**
 - cumin lime chicken
 - cheddar cheese
 - black beans
- +pick your toppings**
 - shredded romaine lettuce
 - tomato salsa
 - sauteed peppers & onions
 - corn

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!



Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Menu Name:

DCPS Lunch 9-12 Fusion Bar

Include Cost:

No

Site:

Use Alternate Menu Name:

Alternate Menu Name 1

Monday - 09/28/2026Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	131	0.76	332	1.68	*1.35	4.88	*0.00	57	3.67	0.38	18.21	*0	*8.8	*0.77	*0.50
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000884 fresh pear	1 ea	100	101	0.04	2	17.36	0.00	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			690	1.88	1084	42.52	*4.32	15.99	*0.00	67	100.19	15.51	40.56	*45	*466.1	*63.36	*4.07
% of Calories				2.45%		24.65%	*2.50%	20.9%	*0.0%		58.1%		23.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 09/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	131	0.76	332	1.68	*1.35	4.88	*0.00	57	3.67	0.38	18.21	*0	*8.8	*0.77	*0.50
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			675	1.87	1082	42.39	*4.32	15.96	*0.00	67	94.70	14.39	41.65	*45	*523.2	*153.38	*3.94
% of Calories				2.49%		25.12%	*2.56%	21.3%	*0.0%		56.1%		24.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 09/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990268 Beef Bulgogi	2 oz	100	185	5.74	299	1.66	*1.35	15.65	*0.00	32	2.95	0.25	7.95	*0	*11.7	*1.09	*0.94
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000175 fresh banana	1 ea	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95	3.07	1.29	*N/A*	5.9	10.27	0.31
000170 100% apple juice	4 oz	100	60	0.00	10	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	10.0	*N/A*	0.20
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			808	6.94	1060	52.58	*4.32	26.90	*0.00	42	113.32	12.93	30.95	*45	*468.9	*66.29	*4.70
% of Calories				7.73%		26.03%	*2.14%	30.0%	*0.0%		56.1%		15.3%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/01/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	131	0.76	332	1.68	*1.35	4.88	*0.00	57	3.67	0.38	18.21	*0	*8.8	*0.77	*0.50
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000559 soy citrus dressing	1 oz	80	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			761	2.60	1384	54.98	*4.32	20.46	*0.00	67	104.81	13.19	43.27	*45	*482.2	*185.44	*4.52
% of Calories				3.07%		28.90%	*2.27%	24.2%	*0.0%		55.1%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/02/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	131	0.76	332	1.68	*1.35	4.88	*0.00	57	3.67	0.38	18.21	*0	*8.8	*0.77	*0.50
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000559 soy citrus dressing	1 oz	80	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			736	2.47	1330	46.26	*4.32	20.11	*0.00	67	101.26	14.39	40.79	*45	*461.5	*64.79	*4.00
% of Calories				3.02%		25.14%	*2.35%	24.6%	*0.0%		55.0%		22.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 whole grain tortilla	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 cilantro-lime brown rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 shredded cheddar cheese	1 oz	100	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 seasoned black beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990075 southwest taco corn	2 oz	100	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 sour cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
999070 fresh grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			882	8.54	1152	*50.08	*1.14	31.12	*0.00	94	111.57	11.90	42.51	*46	*593.9	*51.65	*5.53
% of Calories				8.71%		*22.71 %	*0.52%	31.8%	*0.0%		50.6%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/06/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 whole grain tortilla	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 cilantro-lime brown rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990403 shredded cheddar cheese	1 oz	100	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 seasoned black beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 southwest taco corn	2 oz	100	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 sour cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			855	8.38	1150	*39.50	*1.14	30.79	*0.00	94	105.58	14.64	41.84	*46	*579.4	*52.77	*5.22
% of Calories				8.82%		*18.48 %	*0.53%	32.4%	*0.0%		49.4%		19.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/07/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
991025 whole grain tortilla	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 cilantro-lime brown rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 shredded cheddar cheese	1 oz	100	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 seasoned black beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 southwest taco corn	2 oz	100	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 sour cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
000812 orange wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			847	8.36	1148	*37.80	*1.14	30.70	*0.00	94	102.07	14.68	43.10	*46	*642.1	*142.28	*5.18
% of Calories				8.88%		*17.85 %	*0.54%	32.6%	*0.0%		48.2%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/08/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	100	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 whole grain tortilla	1 ea	50	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 cilantro-lime brown rice	8 oz	50	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 shredded cheddar cheese	1 oz	100	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 seasoned black beans	2 oz	50	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 southwest taco corn	2 oz	100	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 sour cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
000962 fresh watermelon	8 oz	100	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			882	8.40	1152	*45.70	*1.14	31.09	*0.00	94	111.03	11.89	43.84	*46	*596.8	*77.20	*5.97
% of Calories				8.57%		*20.73 %	*0.52%	31.7%	*0.0%		50.4%		19.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Friday - 10/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001037 cumin lime chicken	3 oz	75	190	1.77	359	0.11	*0.00	12.07	0.00	57	2.24	0.58	18.21	*0	*19.8	*0.83	*1.30
991025 whole grain tortilla	1 ea	75	206	0.57	252	2.29	2.29	5.15	0.00	0	33.21	3.44	5.73	*N/A*	137.4	0.00	2.29
990107 cilantro-lime brown rice	8 oz	75	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990331 sauteed peppers & onions	2 oz	75	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
990403 shredded cheddar cheese	1 oz	75	55	3.00	95	0.00	0.00	4.50	0.00	12	0.50	0.00	3.00	*N/A*	100.0	0.00	0.00
000967 shredded lettuce	4 oz	75	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990282 seasoned black beans	2 oz	75	71	0.16	165	*1.01	*0.00	0.92	*0.00	0	11.86	4.75	4.11	*0	*25.9	*2.36	*1.32
990075 southwest taco corn	2 oz	75	55	0.28	137	1.14	*0.00	1.92	0.00	0	9.51	1.21	1.45	*1	*8.7	*6.77	*0.40
001099 tomato salsa	2 oz	75	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990351 sour cream	1 oz	75	58	3.35	14	0.96	0.00	4.79	0.00	19	0.96	0.00	0.96	*N/A*	28.8	2.01	0.00
000445 fresh peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000673 fresh apple	1 ea	50	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			917	7.38	1153	*42.26	*1.72	28.95	*0.00	77	125.71	16.64	41.04	*46	*586.7	*48.92	*6.16
% of Calories				7.24%		*18.43 %	*0.75%	28.4%	*0.0%		54.8%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/12/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990371 curried chicken	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 basmati rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 baby spinach salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 roasted carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990306 yogurt lime dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
999070 fresh grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			778	2.41	789	*53.04	*1.74	18.93	*0.00	60	114.03	9.44	41.56	*45	*473.8	*34.74	*6.23
% of Calories				2.79%		*27.27 %	*0.89%	21.9%	*0.0%		58.6%		21.4%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990371 curried chicken	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 basmati rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 baby spinach salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 roasted carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990306 yogurt lime dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			751	2.25	787	*42.47	*1.74	18.60	*0.00	60	108.05	12.17	40.89	*45	*459.3	*35.86	*5.92
% of Calories				2.70%		*22.62 %	*0.93%	22.3%	*0.0%		57.5%		21.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/14/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990371 curried chicken	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 basmati rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 baby spinach salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 roasted carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990306 yogurt lime dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
000812 orange wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			743	2.23	785	*40.76	*1.74	18.52	*0.00	60	104.53	12.22	42.15	*45	*522.0	*125.37	*5.88
% of Calories				2.70%		*21.94 %	*0.94%	22.4%	*0.0%		56.3%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990371 curried chicken	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 basmati rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 baby spinach salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 roasted carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18
990306 yogurt lime dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000962 fresh watermelon	8 oz	100	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			778	2.26	789	*48.67	*1.74	18.90	*0.00	60	113.49	9.42	42.89	*45	*476.7	*60.29	*6.67
% of Calories				2.61%		*25.02 %	*0.89%	21.9%	*0.0%		58.3%		22.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990371 curried chicken	3 oz	100	127	0.67	123	0.18	*0.00	4.73	*0.00	48	1.75	0.62	19.10	*0	*11.0	*2.72	*0.89
990308 Curried Chickpeas	2 oz	100	88	0.17	127	2.46	*0.00	2.31	0.00	0	13.29	0.23	4.12	*0	*17.0	*0.28	*1.23
990310 basmati rice	8 oz	100	206	0.41	161	0.84	*0.00	4.36	0.00	0	36.19	2.75	4.88	*0	*7.4	*0.65	*1.09
001142 baby spinach salad	4 oz	100	2	0.00	6	0.06	*N/A*	0.00	0.00	0	0.28	0.17	0.22	*N/A*	8.3	1.17	0.10
990311 Potato Samosa	2 oz	100	45	0.18	53	*0.06	*0.00	1.23	*0.00	0	7.27	1.48	1.50	*0	*19.4	*6.34	*1.90
990062 roasted carrots	2 oz	100	34	0.18	85	2.65	*0.00	1.28	0.00	0	5.54	1.60	0.57	*0	*19.3	*3.30	*0.19
990081 sauteed cabbage	2 oz	100	19	0.13	59	1.29	*0.00	0.92	0.00	0	2.57	0.92	0.50	*0	*14.8	*12.37	*0.18

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990306 yogurt lime dressing	1 oz	100	36	0.46	57	3.54	*1.74	1.81	*0.00	2	3.60	0.02	1.36	*0	*47.6	*0.34	*0.07
000445 fresh peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000673 fresh apple	1 ea	50	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			762	2.25	786	*45.60	*1.74	18.82	*0.00	60	109.79	12.24	42.02	*45	*462.8	*41.57	*6.18
% of Calories				2.66%		*23.94 %	*0.91%	22.2%	*0.0%		57.6%		22.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Monday - 10/19/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990280 cumin lime chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 shredded cheddar	2 oz	75	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 cilantro-lime brown rice	8 oz	60	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 corn tortilla chips	20 ea	60	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990281 seasoned black beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
999070 fresh grapes	8 oz	100	122	0.21	4	29.48	0.00	0.64	0.00	0	31.12	1.63	1.14	*N/A*	25.4	7.26	0.53
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			875	7.26	947	*48.59	*0.00	26.37	*0.00	64	127.08	14.63	38.36	*45	*572.4	*46.68	*4.19
% of Calories				7.47%		*22.21 %	*0.00%	27.1%	*0.0%		58.1%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990280 cumin lime chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 shredded cheddar	2 oz	75	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 cilantro-lime brown rice	8 oz	60	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990329 corn tortilla chips	20 ea	60	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 seasoned black beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			848	7.11	946	*38.02	*0.00	26.04	*0.00	64	121.10	17.37	37.69	*45	*557.9	*47.79	*3.88
% of Calories				7.55%		*17.93 %	*0.00%	27.6%	*0.0%		57.1%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990280 cumin lime chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990210 shredded cheddar	2 oz	75	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 cilantro-lime brown rice	8 oz	60	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 corn tortilla chips	20 ea	60	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 seasoned black beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000812 orange wedges	6 ea	100	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			840	7.08	944	*36.31	*0.00	25.95	*0.00	64	117.58	17.42	38.94	*45	*620.6	*137.31	*3.84
% of Calories				7.59%		*17.29 %	*0.00%	27.8%	*0.0%		56.0%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Thursday - 10/22/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990280 cumin lime chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 shredded cheddar	2 oz	75	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 cilantro-lime brown rice	8 oz	60	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 corn tortilla chips	20 ea	60	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 seasoned black beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000962 fresh watermelon	8 oz	100	121	0.06	4	25.11	0.00	0.61	0.00	0	30.58	1.62	2.47	*N/A*	28.4	32.80	0.97
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soy milk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			875	7.12	948	*44.22	*0.00	26.34	*0.00	64	126.54	14.62	39.68	*45	*575.3	*72.23	*4.63
% of Calories				7.32%		*20.21 %	*0.00%	27.1%	*0.0%		57.8%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/23/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)
990280 cumin lime chicken	2 oz	100	89	0.69	138	0.04	*0.00	4.57	0.00	36	0.77	0.20	11.20	*0	*7.7	*0.28	*0.52
990210 shredded cheddar	2 oz	75	110	6.00	190	0.00	0.00	9.00	0.00	25	1.00	0.00	6.00	*N/A*	200.0	0.00	0.00
990107 cilantro-lime brown rice	8 oz	60	272	0.46	275	0.64	*0.00	5.26	0.00	0	48.80	3.83	6.69	*0	*9.2	*0.53	*1.50
990329 corn tortilla chips	20 ea	60	284	2.02	233	0.00	0.00	12.15	0.00	0	40.50	4.05	4.05	*N/A*	40.5	0.00	0.00
000967 shredded lettuce	4 oz	100	5	0.01	2	0.35	0.00	0.09	0.00	0	0.97	0.62	0.36	0	9.7	1.18	0.29
990281 seasoned black beans	4 oz	50	141	0.32	314	*2.02	*0.00	1.84	*0.00	0	23.71	9.50	8.22	*0	*51.5	*4.72	*2.63
001099 tomato salsa	2 oz	100	15	0.02	51	2.06	*0.00	0.16	0.00	0	3.27	0.94	0.67	*0	9.4	11.63	0.26
990331 sauteed peppers & onions	2 oz	100	24	0.13	33	1.78	*0.00	0.82	0.00	0	3.88	0.91	0.54	*0	*9.6	*20.74	*0.15
001157 corn	2 oz	100	36	0.05	1	1.02	*N/A*	0.32	0.00	0	8.45	0.86	1.23	*N/A*	1.6	2.61	0.17
000445 fresh peach	1 ea	100	58	0.03	0	12.58	0.00	0.38	0.00	0	14.31	2.25	1.36	*N/A*	9.0	9.90	0.38
000673 fresh apple	1 ea	50	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			859	7.11	945	*41.15	*0.00	26.26	*0.00	64	122.84	17.43	38.82	*45	*561.4	*53.51	*4.14
% of Calories				7.45%		*19.16 %	*0.00%	27.5%	*0.0%		57.2%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Monday - 10/26/2026Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	131	0.76	332	1.68	*1.35	4.88	*0.00	57	3.67	0.38	18.21	*0	*8.8	*0.77	*0.50
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000559 soy citrus dressing	1 oz	80	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
000884 fresh pear	1 ea	100	101	0.04	2	17.36	0.00	0.25	0.00	0	27.11	5.52	0.64	*N/A*	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			743	2.46	1330	44.70	*4.32	20.05	*0.00	67	103.24	15.54	40.96	*45	*466.6	*64.08	*4.11
% of Calories				2.98%		24.06%	*2.33%	24.3%	*0.0%		55.6%		22.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Tuesday - 10/27/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	131	0.76	332	1.68	*1.35	4.88	*0.00	57	3.67	0.38	18.21	*0	*8.8	*0.77	*0.50
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000559 soy citrus dressing	1 oz	80	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
000812 orange wedges	6 ea	99	86	0.03	0	17.20	0.00	0.22	0.00	0	21.62	4.42	1.73	0	73.6	97.89	0.18
001064 mandarin oranges	8 oz	1	86	0.01	11	18.58	0.00	0.10	0.00	0	21.20	2.74	1.69	*N/A*	27.4	76.42	0.61
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			728	2.45	1328	44.56	*4.32	20.02	*0.00	67	97.74	14.42	42.05	*45	*523.7	*154.10	*3.97
% of Calories				3.03%		24.48%	*2.37%	24.8%	*0.0%		53.7%		23.1%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Wednesday - 10/28/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990268 Beef Bulgogi	2 oz	100	185	5.74	299	1.66	*1.35	15.65	*0.00	32	2.95	0.25	7.95	*0	*11.7	*1.09	*0.94
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000559 soy citrus dressing	1 oz	80	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
000175 fresh banana	1 ea	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95	3.07	1.29	*N/A*	5.9	10.27	0.31
000170 100% apple juice	4 oz	100	60	0.00	10	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	10.0	*N/A*	0.20
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			861	7.52	1306	54.75	*4.32	30.96	*0.00	42	116.36	12.96	31.35	*45	*469.4	*67.01	*4.74
% of Calories				7.86%		25.44%	*2.01%	32.4%	*0.0%		54.1%		14.6%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Thursday - 10/29/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	131	0.76	332	1.68	*1.35	4.88	*0.00	57	3.67	0.38	18.21	*0	*8.8	*0.77	*0.50
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000559 soy citrus dressing	1 oz	80	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
990421 cantaloupe	8 oz	100	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			761	2.60	1384	54.98	*4.32	20.46	*0.00	67	104.81	13.19	43.27	*45	*482.2	*185.44	*4.52
% of Calories				3.07%		28.90%	*2.27%	24.2%	*0.0%		55.1%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

Friday - 10/30/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990283 Chicken Bulgogi	3 oz	100	131	0.76	332	1.68	*1.35	4.88	*0.00	57	3.67	0.38	18.21	*0	*8.8	*0.77	*0.50
990263 edamame	2 oz	100	51	0.26	96	0.92	0.00	2.21	0.00	0	3.78	2.20	5.05	*0	26.7	2.59	0.96
001114 Jasmine Rice	1 C	100	176	0.00	161	0.39	*0.00	1.52	0.00	0	35.13	2.53	4.74	*0	4.7	0.04	0.96
001172 Soy Citrus Kale Slaw	4oz	100	46	0.41	172	2.00	*N/A*	2.94	*0.00	0	3.93	1.35	1.13	*N/A*	*70.0	*25.48	*0.51
001162 Korean Cauliflower	.25 C	75	36	0.27	91	2.96	*1.95	1.53	*0.00	0	4.97	1.07	1.12	*0	*13.9	*25.08	*0.26
990068 Glazed Carrots	.25 C	100	36	0.11	90	4.29	*1.51	0.73	0.00	0	7.20	1.66	0.56	*0	*20.7	*3.45	*0.21
001101 steamed green peas	2 oz	50	47	0.19	98	2.36	*0.00	1.31	0.00	0	6.44	2.13	2.47	*0	*10.4	*8.52	*0.72
000559 soy citrus dressing	1 oz	80	66	0.73	307	2.72	*N/A*	5.07	*0.00	0	3.80	0.04	0.50	*N/A*	*0.6	*0.90	*0.04
001200 fresh apple slices	6 ea	100	95	0.05	2	18.91	0.00	0.31	0.00	0	25.13	4.37	0.47	0	10.9	8.37	0.22
000231 Skim Milk	8 oz	30	90	0.00	130	12.00	0.00	0.00	0.00	5	13.00	0.00	8.00	150	300.0	1.00	0.00
000230 1% Lowfat Milk	8 oz	69	102	0.00	107	12.69	0.00	2.37	0.00	12	12.18	0.00	8.22	0	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	110	0.00	130	12.00	0.00	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08
Weighted Daily Average			736	2.47	1330	46.26	*4.32	20.11	*0.00	67	101.26	14.39	40.79	*45	*461.5	*64.79	*4.00
% of Calories				3.02%		25.14%	*2.35%	24.6%	*0.0%		55.0%		22.2%				
Weekly Nutrient Guideline			750 - 850	<10	<=1280		<10										

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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Base Menu Spreadsheet

Portion Values

Sep 28, 2026 thru Oct 30, 2026

Weighted Averages		800	4.86	1082	*45.53	*2.33	23.54	*0.00	68	110.35	13.90	40.44	*45	*523.5	*83.87	*4.89
% of Calories			5.47%		*22.76 %	*1.16%	26.5%	*0.0%		55.2%		20.2%				

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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